

Women serve as pilots in World War II

By Staff Sgt. George Cox
8th Fighter Wing Historian

As early as 1930, the War Department considered using women pilots. However, the chief of the Air Corps, displaying an attitude unfortunately all too common of the times, called the idea “utterly unfeasible,” saying that women were too “high strung.” However, World War II, and the incredible service record of women pilots, would soon make him regret those words.

In September 1942, the Women’s Auxiliary Ferrying Squadron (WAFS) was created within the Air Transport Command. Almost simultaneously, the Women’s Flying Training Detachment (WFTD) was created under the leadership of the famed aviatrix Jacqueline Cochran to recruit and train women pilots for ferrying duties. On Aug. 5, 1943, the two organizations were merged into a single unit, the Women’s Air Service Pilots (WASP), under Cochran’s leadership.

WASPs received the same flight training as male aviation cadets, except they received no aerial gunnery training and little in formation flying or acrobatics. Originally, WASP’s main mission was to ferry Army Air Force (AAF) trainers and light aircraft from the factories, but they later delivered fighters, bombers and transports as well. They also flew such non-combat missions as

towing aerial gunnery targets, flew as practice targets for searchlight crews and served as instrument instructors.

WASPs had the privileges of officers, but they were never formally adopted into the AAF, even though they had been led to believe otherwise. They remained civil service employees without injury or death benefits.

In 1944, several legislative bills in Congress to militarize the WASPs failed because of strong opposition. By Dec. 20, 1944, political pressure and the increased availability of male pilots led to the termination of the WASP program. Throughout the program’s history more than 25,000 women applied for training - 1,830 were accepted and 1,074 graduated and were assigned to flight duty. A total of 37 died in accidents and 36 sustained various injuries.

For more than 30 years the exploits of these women went largely ignored by the U.S. government. However, in November 1977, President Jimmy Carter signed a bill granting World War II veteran’s status to former WASPs.

The performance, dedication and patriotism these women displayed throughout their service won over even the hardest of hearts. Toward the end of the war Gen. Hap Arnold stated that it was common for commanding officers to prefer WASPs to male pilots because women pilots didn’t carry “address books” and often reached their destination sooner than male pilots.



Courtesy photo
A World War II Women’s Air Service Pilot (WASP) flight crew stand in front of their Boeing B-17 Flying Fortress.

National Nutrition Month

Food & Fitness: Health for a Lifetime

Dietary Supplements: How safe are they?

2nd Lt. Michelle Dean
1st Medical Support Squadron

LANGLEY AIR FORCE BASE, Va. – Vitamin, mineral and herbal supplements are hot topics. Every problem seems to have a possible remedy. You might have heard some of the claims: “Ginseng promotes weight loss,” “Echinacea prevents colds and flu,” and “Garlic decreases the risk of cancer.” People want to feel better, look better and have more energy.

Are supplements a safe alternative?

In America the use of supplements has not been thoroughly researched. Supplements may help with some health problems and may not be harmful in small doses, but keep in mind the following general guidelines until the facts are better understood.

- * Supplements do not replace a healthy diet. Vitamins, minerals and herbal supplements can supplement a good diet but can’t substitute food. Food provides energy, vitamins and minerals, among other benefits. It is important to eat a variety of foods each day.

- * A multivitamin is appropriate for supplementing the diet. A good multivitamin will have 100 percent or less of the recommended dietary allowance of each vitamin and mineral.

They are meant to supplement, not replace the diet. Large amounts of vitamins, minerals or herbs can be potentially toxic to the body. Most people who meet 100 percent of the average daily recommendation for vitamins and minerals will maintain

their nutritional status.

- * Supplements are not regulated by the Food and Drug Administration (FDA), which means the product may be poorly absorbed, or what is inside the bottle may even differ from the label.

Look for the letters “USP” (United States Pharmacopoeia) on labels. USP is an independent nonprofit organization that tests supplements for absorption.

Products labeled with USP are therefore more likely to contain the substance claimed on the label and the product is more likely to be absorbed in the body. Even when choosing a multivitamin, look for USP on the label.

“A multivitamin does not have to be expensive,” said Maj. Wendy Larson, registered dietitian at Andrews Air Force Base Health and Wellness Center.

“Products labeled with USP are often found on generic or store brand supplements.”

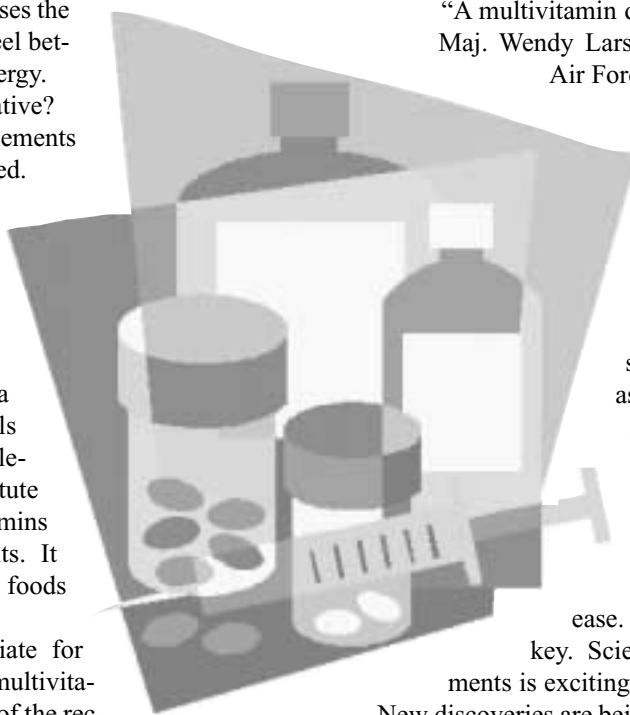
- * Always consult your doctor about the supplements you use, especially if you use prescription medications.

Some supplements may not be safe with certain medications. Just as a doctor does not prescribe the same medication for every patient, all dietary supplements are not appropriate for everyone.

Dietary supplements are not quick fixes for looking younger, having more energy or curing disease. An overall healthy lifestyle is the key. Scientific research in the area of supplements is exciting.

New discoveries are being made every day. The supplement you are taking may be safe, but checking with your doctor first is always a good idea. And always use supplements in moderation to be on the safe side.

For more nutritional information on supplements or vitamins, visit the Kunsan Health and Wellness Center or call 782-4305.



Hazardous weight loss plan ‘red flags’

Very Low Calorie - a normally active woman trying to lose weight should consume at least 1,800 calories per day (even more for men). Many “popular” fad diets promote intakes of 1,200 calories or less. Very low-calorie intakes also limit intake of important vitamins and minerals.

Forbidden Foods - All foods can fit into a healthful eating plan. Depriving yourself can lead to bingeing and loss of interest in healthy eating. Limit less-nutritious foods to small amounts.

Sells supplements or pills as part of weight-loss program - No magic pill or potion is going to melt the fat away! Some supplements can be dangerous to your health.

Infrequent meals - It is best to eat when physiologically hungry. For most people that is every four hours. Skipping meals can zap your energy and lead to binges later. Also skipping meals can reduce your metabolism.

Speedy results - For healthy, permanent weight loss, you should aim to lose no more than 1-2 pounds per week.

No exercise - Weight loss plans should incorporate at least 30 minutes of moderate intensity exercise 4-5 days per week. Exercise helps maintain lean body mass and burns calories.

Requires special foods - Special foods purchased from a special store or dealer. This is expensive and you cannot eat these foods forever! Think long term.